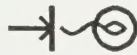


Being Sexual: An Illustrated Series On Sexuality and Relationships

BIRTH CONTROL



By Susan Ludwig and David Hingsburger



Translated into Blissymbols by Claudia Wood

Illustrated by James F. Whittingham

BEING SEXUAL: AN ILLUSTRATED SERIES ON SEXUALITY AND RELATIONSHIPS

This 17-book series provides important sexuality education for young adults and adults. The clear, straightforward text and engaging illustrations are particularly helpful for people with developmental disability, problems with literacy, learning or communication, or anyone who uses Blissymbols. The content, philosophy and ideas expressed are those of the authors. Books were reviewed by SIECCAN Board members who are professionally involved in sex education, counselling and therapy and by consumers, parents and educators.

Blissymbolics Communication International (BCI) co-ordinated Blissymbol translation of major portions of each book in the Being Sexual series using approximately 150 recently-developed symbols for sexuality. Claudia Wood translated all books except for volume 4 on Adolescence which was translated by Ruth Harrington and Jinny Storr.

Blissymbols used herein are derived from symbols described in Semantography, original copyright © C.K. Bliss 1949. © Blissymbolics Communication International, 250 Ferrand Drive, Suite 200, Don Mills, Ontario, Canada M3C 3P2. Exclusive licensee 1982.

The series is co-authored by **Dave Hingsburger**, an author and lecturer who has extensive experience as a counsellor and therapist for people with developmental disabilities, and **Susan Ludwig**, a nurse-educator with the Sexual Health Team, York Region Public Health who specializes in sexuality education for people with developmental disabilities. The authors acknowledge the assistance and support of York Region Public Health during the writing phase of the project, the imaginative input of **Claudia Wood**, and the special contribution of **James F. Whittingham** who created over 1200 drawings to illustrate the series.

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Intimacy



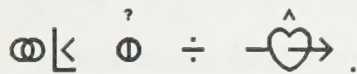
(feeling + close)

Loving



(feeling + arrow + action indicator)

A loving relationship can include **sexual intercourse**. It can be a time of very close sharing or **intimacy** between two **people**. The feelings it causes can give a **person** feelings of **happiness**.



Sexual intercourse can be part of loving.



(To) Decide



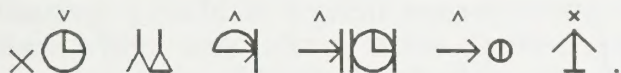
((to think + to arrive + action indicator)

Pregnancy

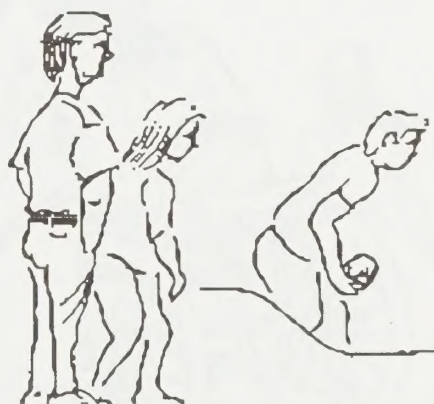


(conception + woman)

Many times a couple **decides** not to start a **pregnancy**. The couple may **decide** to wait until they are financially and emotionally ready to become parents.



Often (a) couple decides to wait to become parents.



(To) Advise



(suggestion + to help + action indicator)

Pregnant



(pregnancy + description indicator)

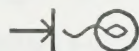
A **doctor** may advise a **woman** that her physical health would make it unwise for her to become **pregnant**.



(A) doctor may advise (a) woman not to become pregnant.



Birth Control, Contraception



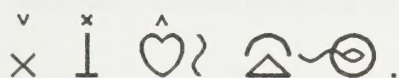
(to stop + conception)

Family Planning

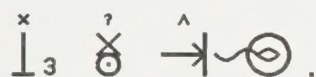


(plan + conception)

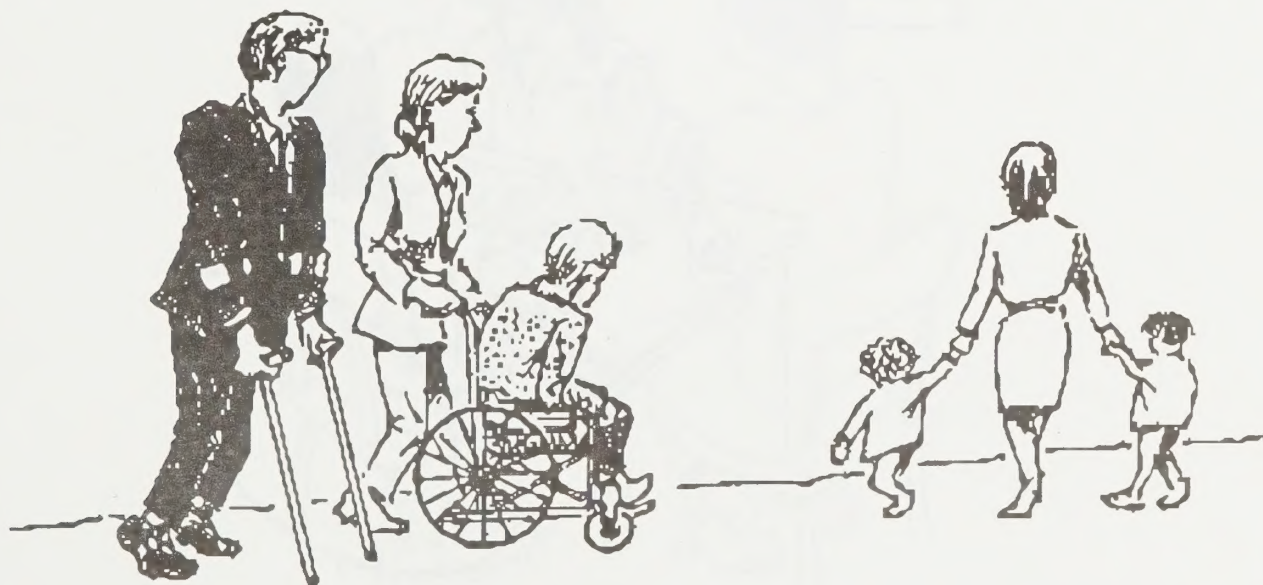
Raising a child is a great responsibility and many **people** want to choose the time when they take it upon themselves. If this is so, they may choose to use a method of **birth control** to stop or avoid **conception**.



Many people want family planning.



They may choose to use birth control.

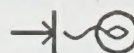


Family Planning



(plan + conception)

Birth Control, Contraception



(to stop + conception)

There are many places to obtain counselling and advice about the various methods of **birth control**. One place is at a **family planning clinic**. Another place is at your **doctor's** office.



(A) family planning clinic or (a) doctor advise about birth control.



Choices

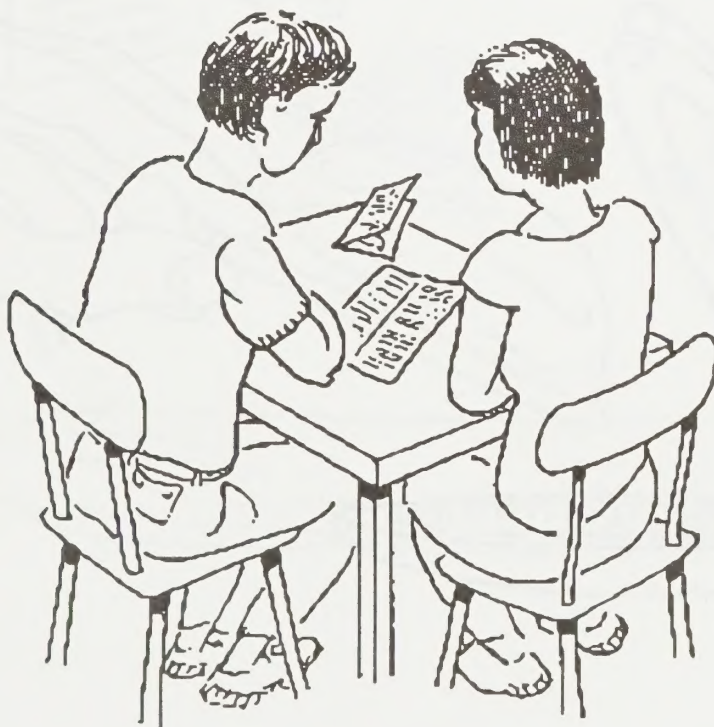


(combination of eye *and*
to divide [half-sized] *and* many)

It is **important** to **understand** all the **family planning choices** that are available. It is **important** that you and your partner choose a method which is best suited to your needs.



Important - choose (the) kind (of) birth control best for you.



Barrier Contraceptive

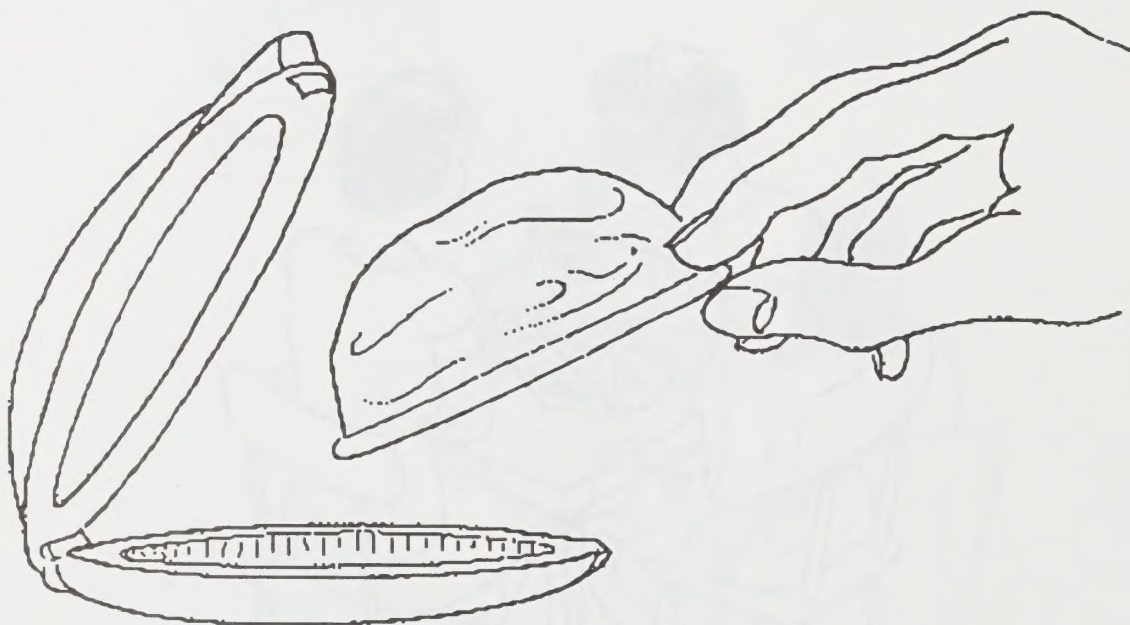


(combination of to stop *and* sperm)

One type of **birth control** is a **barrier contraceptive**. A **barrier** stops the **sperm** from reaching the **egg** or **ovum**.



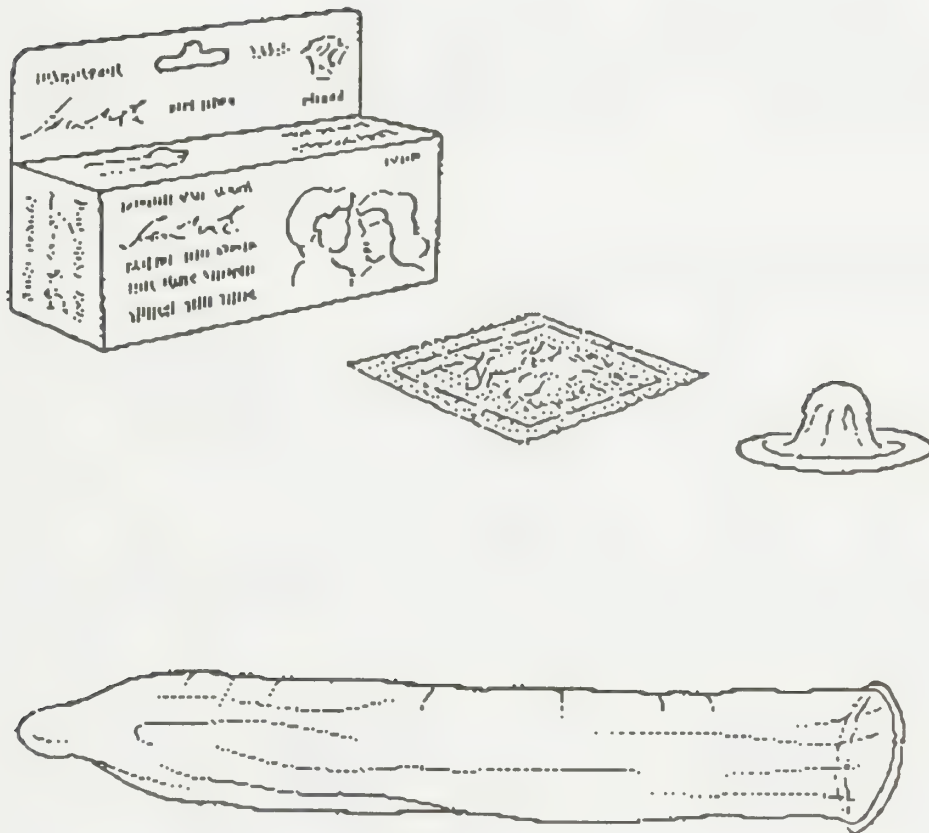
(A) barrier contraceptive stops (the) sperm from joining (the) egg.



Barrier Contraceptive



(combination of to stop *and* sperm)

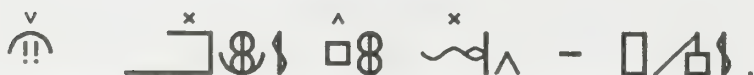


Condom



(barrier contraceptive + male)

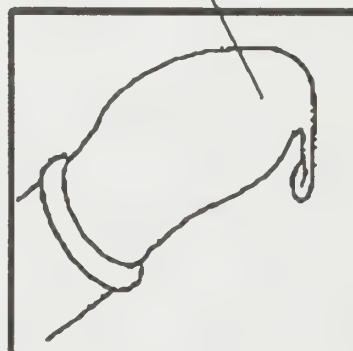
One **barrier** method is the **condom**. The **condom** is a latex covering that a **man** puts on his **penis**. It is rolled on his **penis** carefully after he has an **erection** and before he puts his **penis** into a woman's **vagina**. When he **ejaculates** or has an **orgasm**, the **semen** goes into the **condom** and doesn't enter the **woman's** body. **Condoms** can be purchased in a drugstore. You do not need a **doctor's prescription** to buy them.



Important - drugstores sell condoms without (a) prescription.



condom



Diaphragm

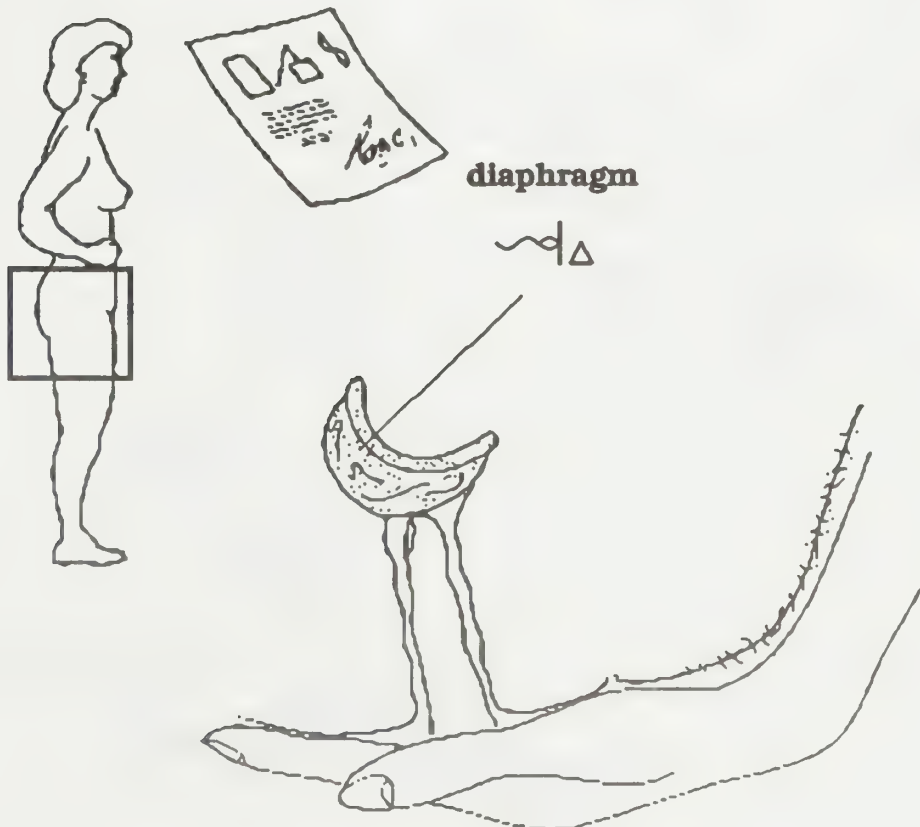


(barrier contraceptive + female)

Another **barrier** method of **contraception** is a **diaphragm**. A **diaphragm** is a round latex device that is chosen by a **doctor** to fit into the **woman's vagina** close to her **cervix**. A **woman** inserts it into her **vagina** before she has **intercourse**. It prevents **sperm** that enter her **vagina**, when a **man ejaculates**, from travelling up into her **uterus**. A **woman** needs a **prescription** to buy a **diaphragm** at a **drugstore**.



Important - drugstores sell diaphragms with (a) prescription.

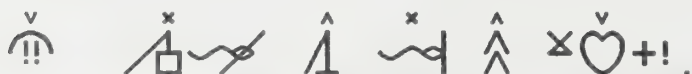


Spermicide

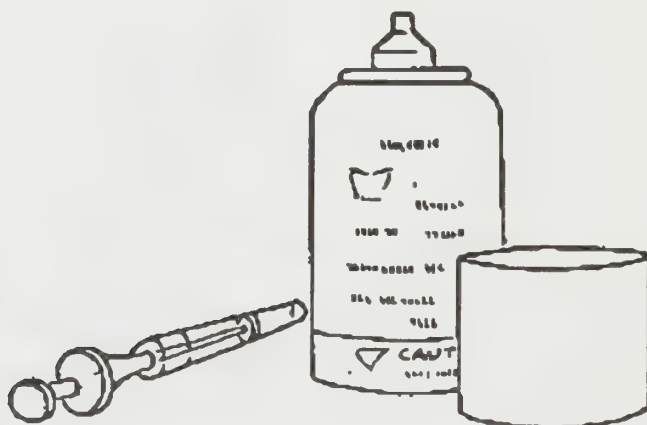


(chemical product + to destroy + sperm)

Both **barrier** methods of **contraception** work better if they are used with a chemical product called a **spermicide**. A **spermicide**, which is used with a **condom** or a **diaphragm**, destroys **sperm** if a **condom** breaks or leaks or if **sperm** get by the **barrier** the **diaphragm** provides. **Spermicidal** jellies and creams are applied to a **diaphragm** before it is inserted into the **woman's** **vagina**.



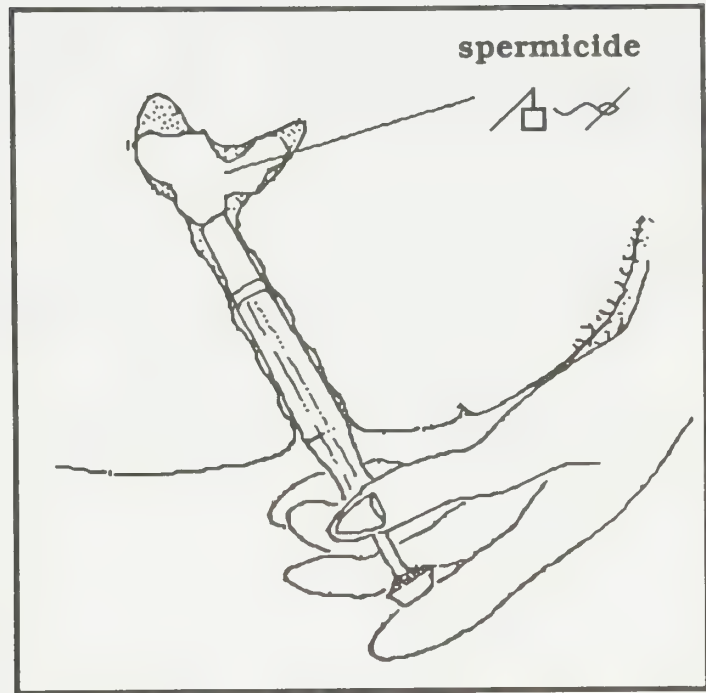
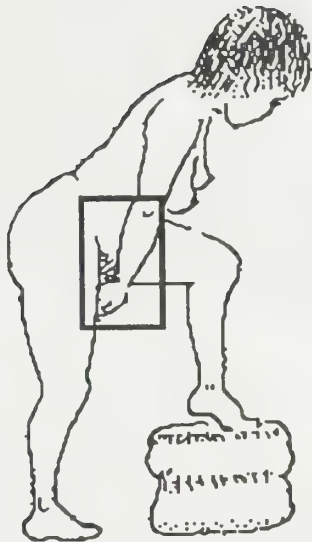
Important - spermicides help barrier contraceptives work better.



Spermicide



(chemical product + to destroy + sperm)



Birth Control Pill

$$o\} - \odot$$

(pill + without + egg)

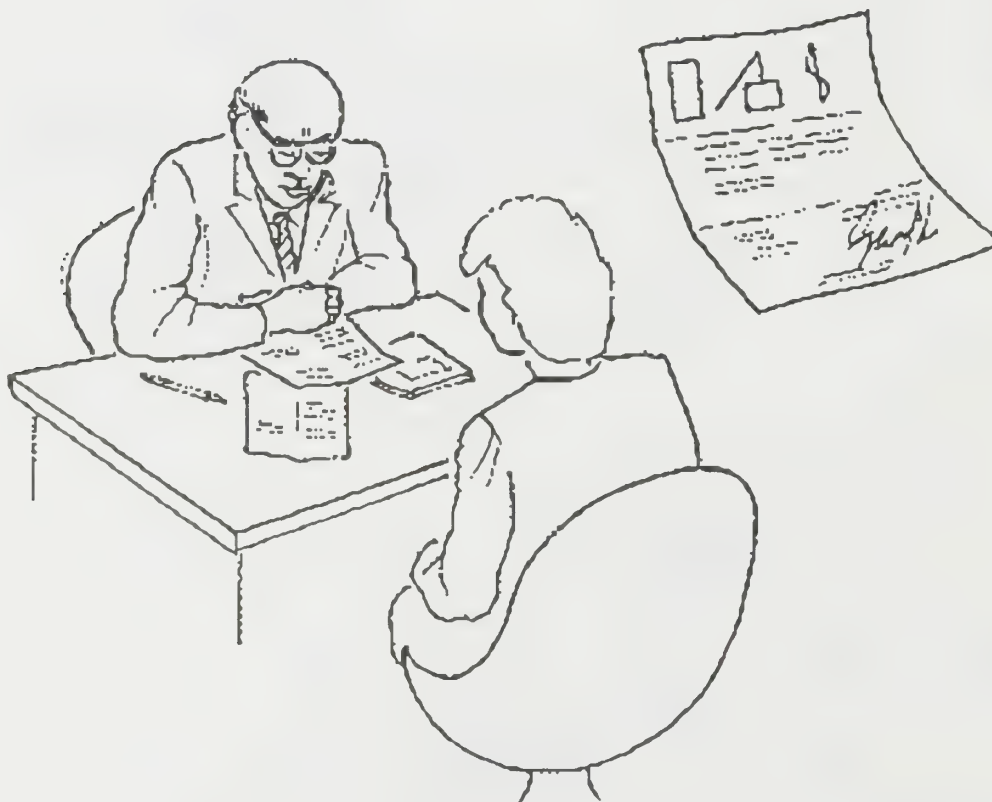
The **birth control pill** is a method of **contraception** that is used by many women. A **woman** takes **birth control pills** every day of the month. The "**Pill**" prevents her **ovaries** from releasing an **egg**, so she cannot get **pregnant**. Before taking **birth control pills**, a **woman** needs to see her **doctor**. He will examine her and decide which type of **pill** is best for her. A **doctor** must give her a **prescription** to buy **birth control pills**.

$$\overset{\vee}{\cap} \quad \perp \} \quad \overset{\wedge}{\cap} \quad ,, \div \quad o\} - \odot \quad \hat{\phi} \quad \times \overset{\vee}{\heartsuit} + ! \quad \gg \quad \Delta .$$

Important - (a) doctor decides which birth control pill is best for (a) woman.

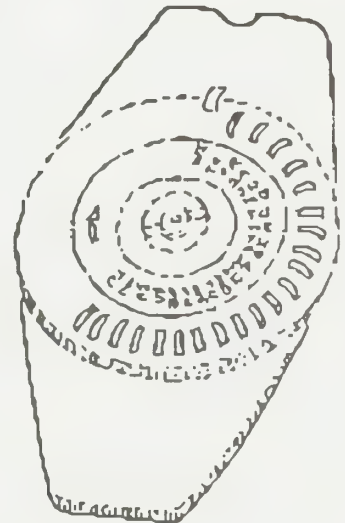
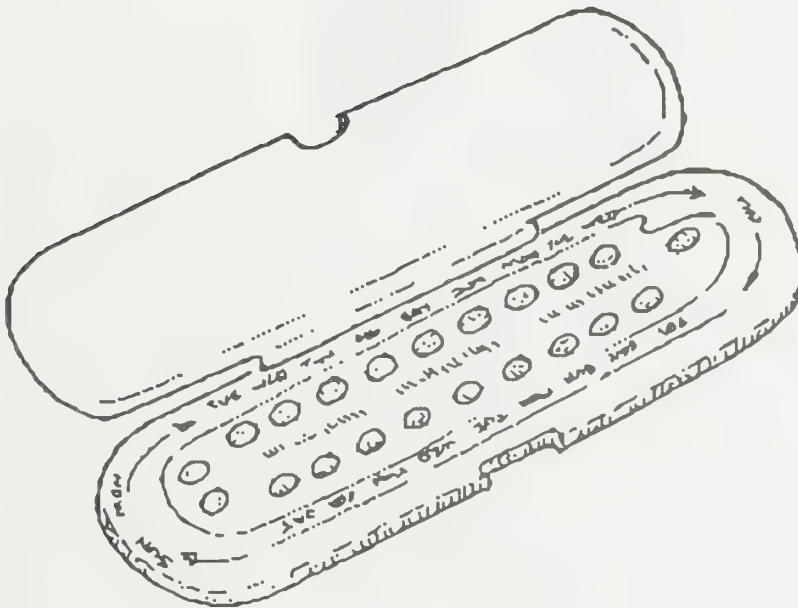
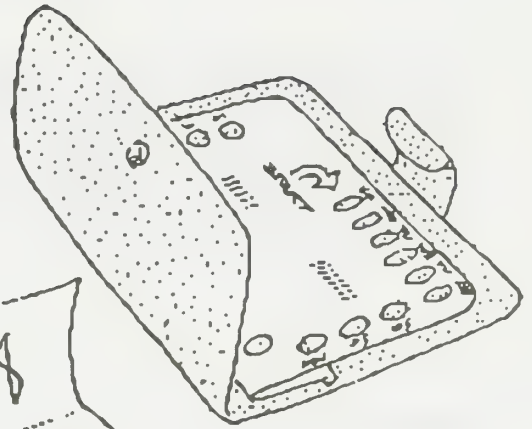
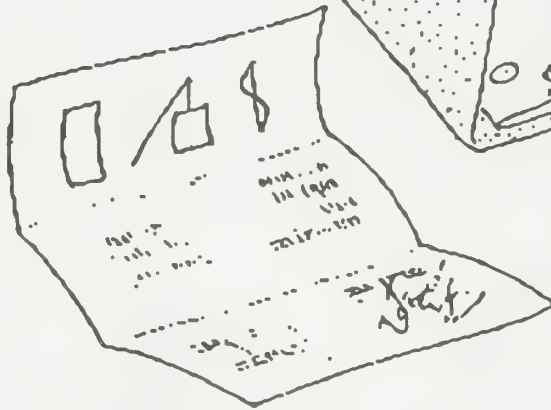
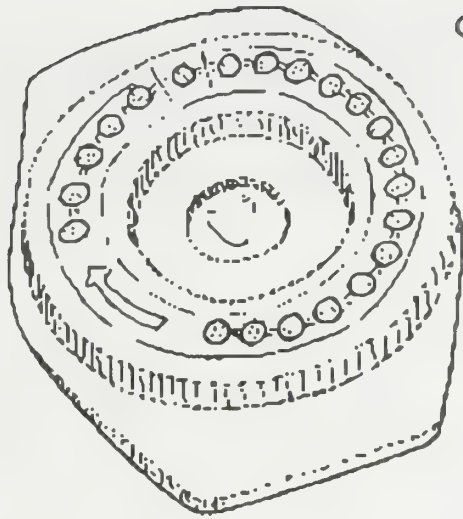
$$\overset{\vee}{\cap} \quad \perp_2 \quad \nearrow \quad \square / \square \} \quad \square 8 \quad o\} - \odot .$$

Important - you need (a) prescription to buy birth control pills.

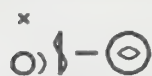


birth control pills

x
○ | - ○



Birth Control Pills



(pill + without + egg + plural indicator)

Some **women** cannot take **birth control pills**. Some experience uncomfortable side effects and decide they don't want to continue taking them. Some develop symptoms that tell a **doctor** that **birth control pills** are dangerous for them. Some take other medications and cannot take **birth control pills** at the same time.



Important - some women cannot use birth control pills.



Intra-uterine Device, IUD

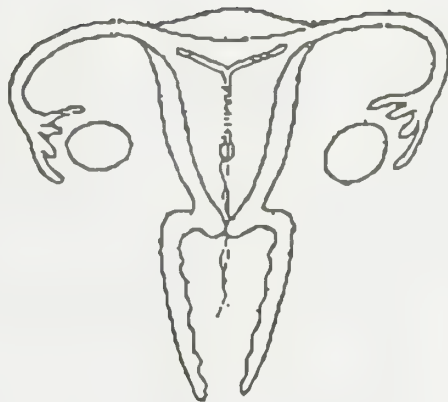
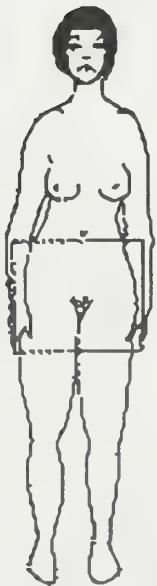


(birth control + uterus)

Another method of **birth control** is the **intra-uterine device** or **IUD**. The **IUD** is placed by a **doctor** inside a **woman's uterus**. **Doctors** are uncertain as to how an **IUD** works. It may stop the **sperm** from reaching the **egg**. It may prevent the **fertilized egg** from becoming implanted in the **woman's uterus**. A **doctor** must be certain that the **IUD** is placed correctly in the **woman's uterus** so that it is effective. Some medications may make an **IUD** less effective.



Important - (a) doctor must insert (an) IUD.



Sterilization

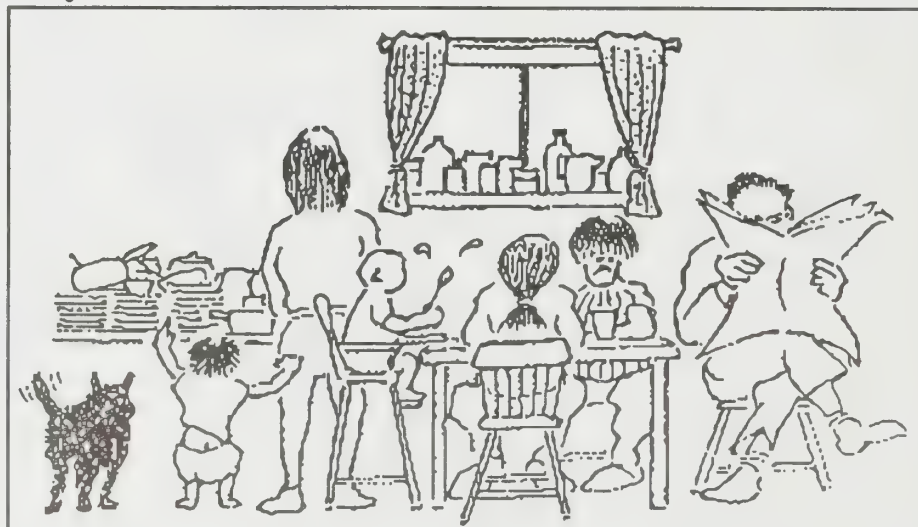


(to cause + infertile)

Some **people** may decide that they do not want to have any children at all. Or they may decide that they have had enough children, and they do not want to have any more. They may choose to have an **operation** to become **sterilized**.

$\overset{x}{\perp}$ $\overset{\wedge}{\cdot}\checkmark$ $\overset{<}{\triangleright}-\sim\odot$ $?>$ $\overset{x}{\perp}_3$ $-!$ $\heartsuit\rangle$ $\overset{x}{\text{Q}}$ $\leftarrow$ $\overset{\wedge}{\pm}$ $-\overset{\vee}{\times}$ $\overset{x}{\text{Q}}$.

People can be sterilized if they do not want children or have enough children.

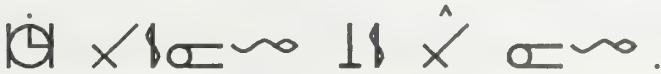


Vasectomy

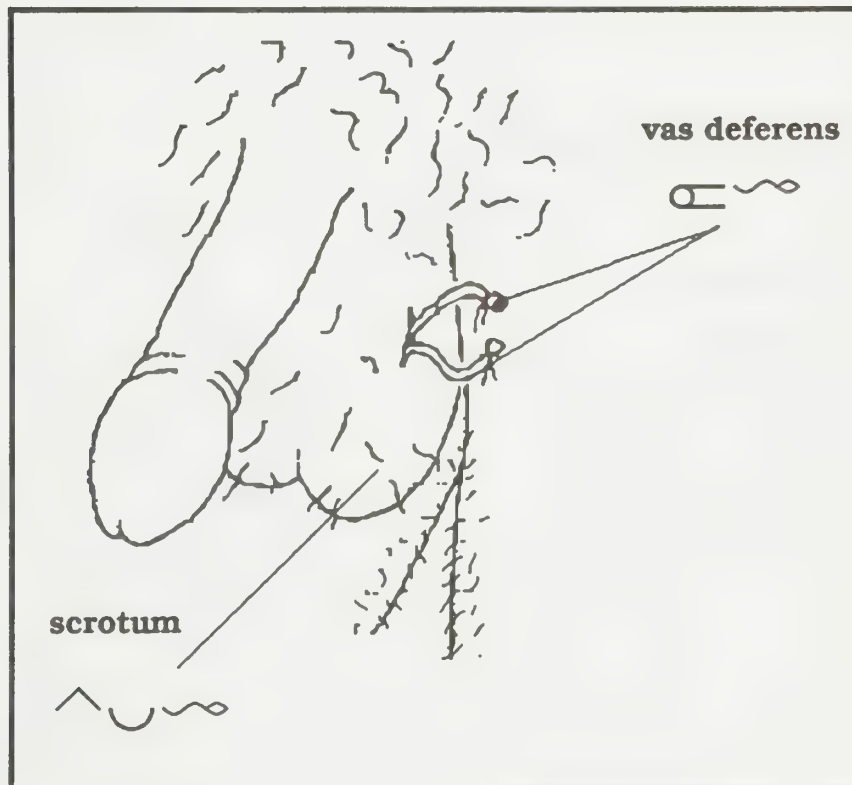
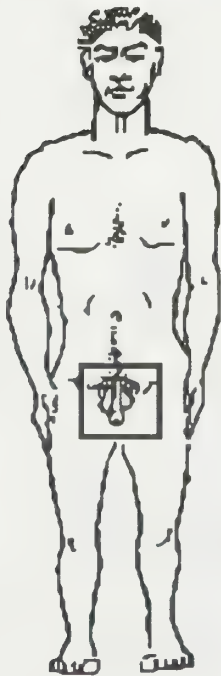


(operation + vas deferens)

If a **man** decides to be **sterilized**, he has an **operation** called a **vasectomy**. A **doctor** injects a small amount of local anaesthetic into the **man's scrotum** to make this area numb. Then the **doctor** makes a very small cut in the **scrotum** and lifts the **vas deferens** or **sperm tubes** out through the cut. The tubes are cut and tied off and put back inside the **scrotum**. The **man** will **feel** a little sore for several days after this **operation**.



During (a) vasectomy (the) doctor cuts (the) vas deferens.

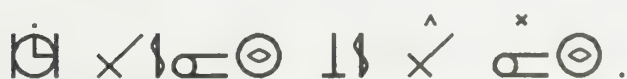


Tubal Ligation

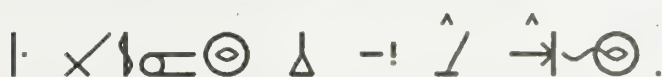


(operation + fallopian tube)

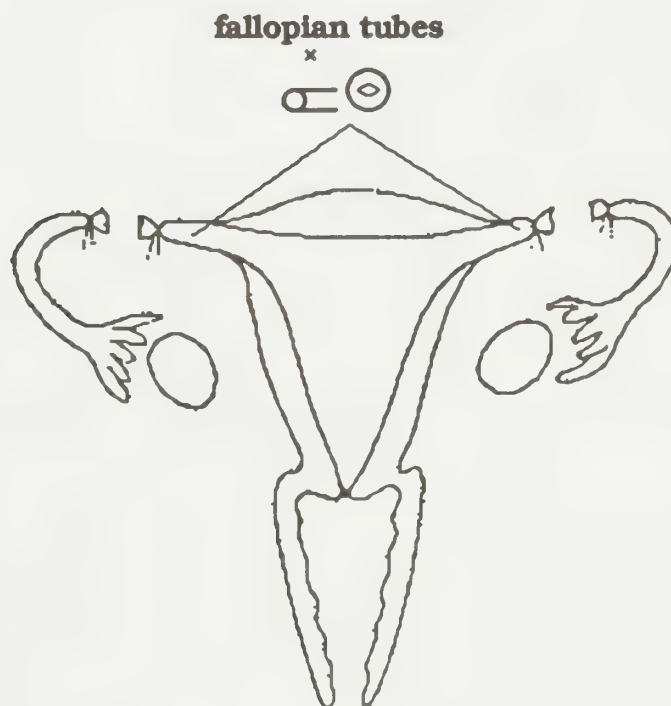
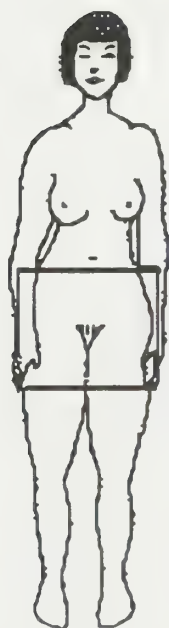
If a **woman** decides to be **sterilized**, she will have an **operation** called a **tubal ligation**. A **tubal ligation** is done in a hospital where the **woman** is put to sleep with **medication**. A **doctor** makes a cut in the **woman's** abdomen and finds each **fallopian tube**. Each tube is cut and tied off or burned. The **woman** may then go home or may stay in the hospital for a few days. She may **feel** some pain in the area of her incision for a few weeks. After her next **menstrual period**, she will not need to use another method of **birth control** to prevent **pregnancy**.



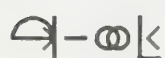
During (a) tubal ligation (the) doctor cuts (the) fallopian tubes.



After (a) tubal ligation (a) woman does not need to use birth control.

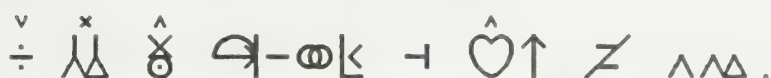


Abstinence

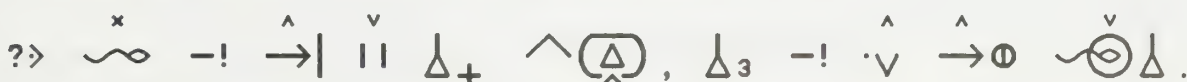


(to decide + without + sexual intercourse)

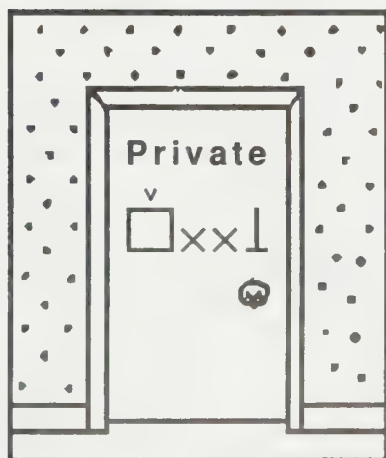
Sometimes a **man** and a **woman** decide they do not want to have a **baby** and do not want to use any of the methods of **birth control**. They may decide to **abstain** or not have **sexual intercourse**. They may kiss and touch each other to give and receive sexual pleasure. They may have **orgasm** together, but the **man** will not put his **penis** in the woman's **vagina**. As long as **sperm** do not go near the **woman's vulva**, she cannot become **pregnant**.



Some couples choose abstinence but enjoy other sexual activity.



If sperm do not come near (a) woman's vulva, she cannot become pregnant.



Celibacy

—∅⊥

(without + sexual intercourse)

Some **people** do not have **sexual intercourse** at all. They are **celibate**. This may mean they are not married or that they do not have a **sexual** partner. Many **people** at different times in their lives are not able to find someone to love **intimately** or **sexually**. A **woman** who is **celibate** will not become **pregnant**.

Δ —! → ∅ ∘ ⊙ Δ ?> Δ₃ ∅[∧] —∅⊥[∨].

(A) woman will not become pregnant if she is celibate.



Choices



(combination of eye *and*
to divide [half-sized] *and* many + plural indicator)

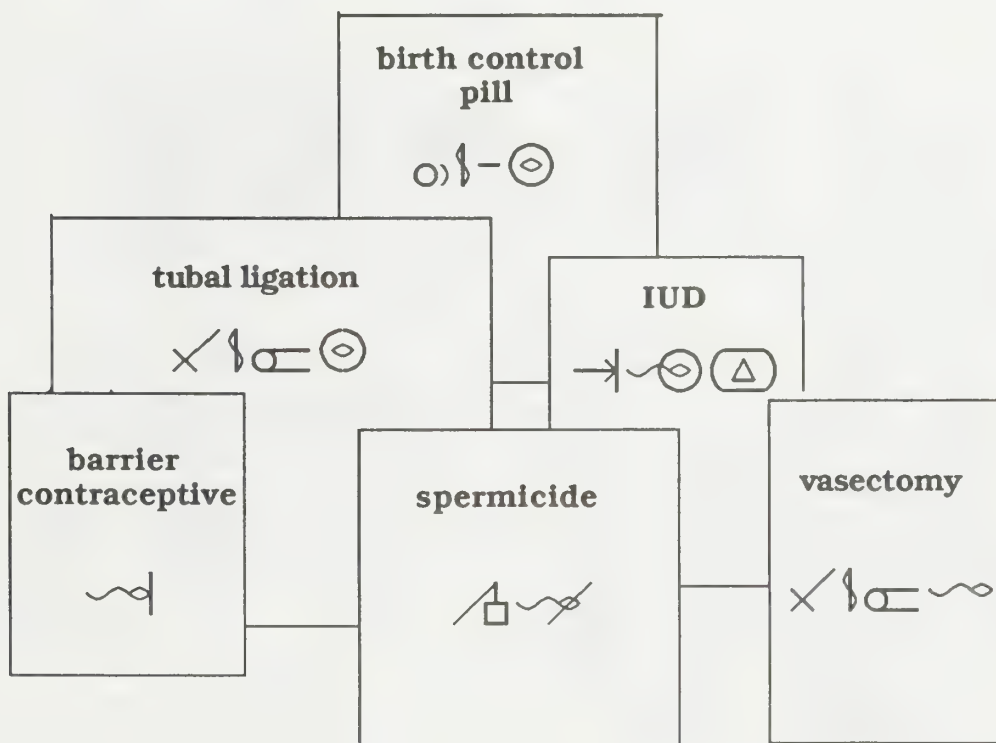
Choosing to use a method of **birth control** is the right of an individual or a couple. The **man** and **woman** need to know the **choices** available to them, and the advantages and disadvantages of each before making decisions.



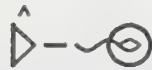
Important - (a) person or (a) couple decide which (method of) birth control to use.



They need to know about all kinds (of) birth control before deciding.



(To) Sterilize



(sterilization + action indicator)

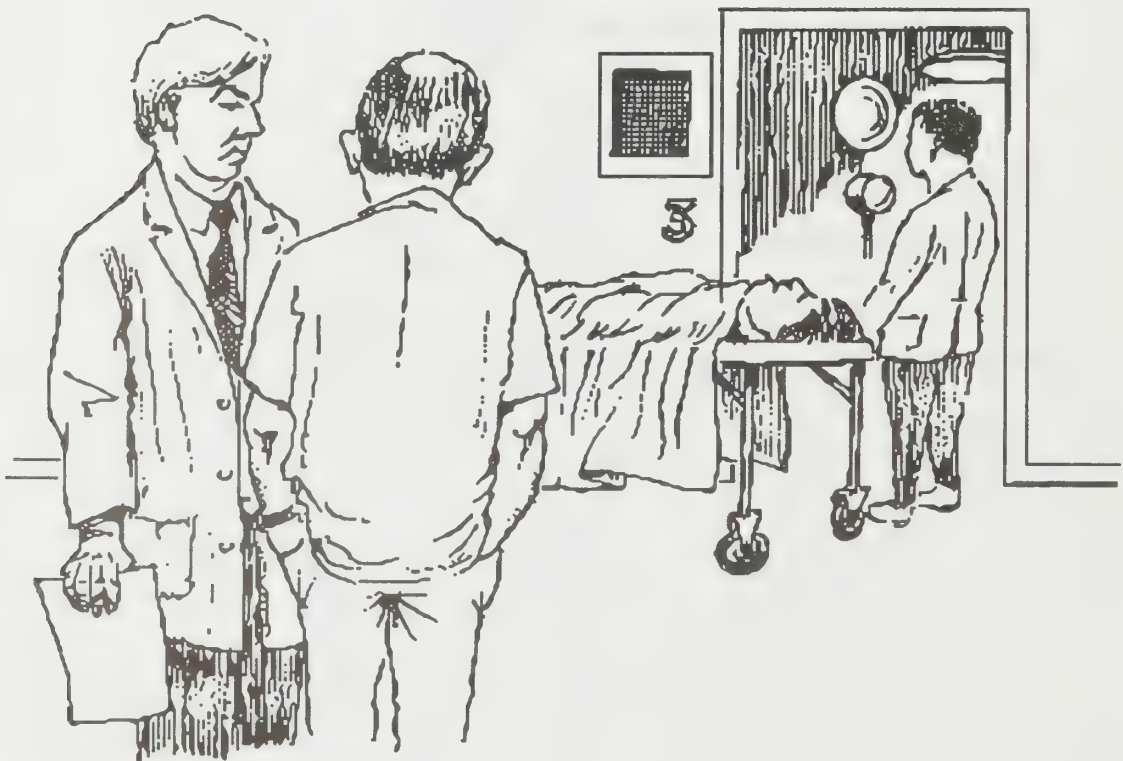
This has not always been an individual's right. There was a time when many **disabled people** were **sterilized**, because some **people** didn't want them to have children.



(In the) past some people decided to sterilize disabled people to stop



them reproducing.



(To Be) Forced

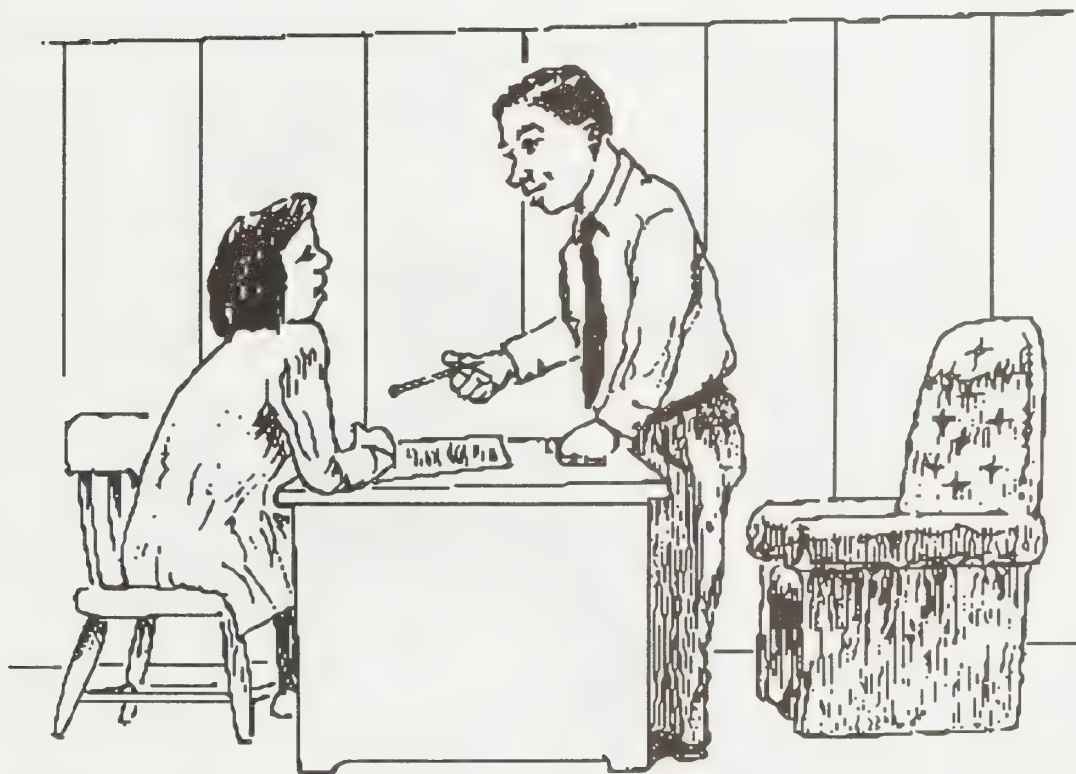


(mind + strong + passive indicator)

Sometimes **disabled people** were told that they could not live in the community and must stay in institutions, unless they agreed to have an **operation** that would prevent them from having children.

÷ ⊙ · √ | | ⊥ ↻ △ □ △ × ⊥ → < △ - ∞ ⊙ .

Sometimes disabled people were forced to live in residential institutions unless sterilized.



Without

—

(subtraction [half-sized])

Understanding

(combination of knowledge *and* into + action indicator)

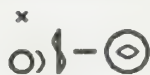
Some **disabled people** were **sterilized without understanding** what the **operation** would do to them.

÷ · √ | | √ < - ~ ⊙ - ⊙ >> × 1 .

Some disabled people were sterilized without understanding (the) purpose (of the) operation.



Birth Control Pills

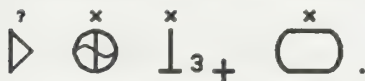


(pill + without + egg + plural indicator)

Other **disabled people** were given **birth control pills**. They were not told what these **pills** would do to their bodies. They were just expected to take them.



Others were given birth control pills without understanding how these pills



may cause changes (in) their bodies.

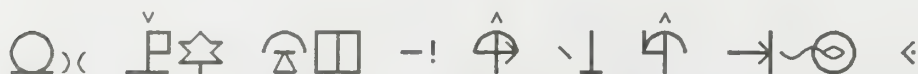


Law



(mind + to weigh + book)

Today the **law** in Canada is clear about an individual's rights regarding **birth control**. No one can force someone to use a method of **birth control**. No one can decide that someone else should be **sterilized**.



Today Canadian law does not allow anyone to force birth control or



sterilization on people.



Sad



(feeling + down + description indicator)

Angry



(much + feeling + opposition + description indicator)

Many **disabled people**, who were **sterilized** before this **law** was passed, **feel sad** and **angry** about it today. Many would have liked to have children. Many would have liked to decide for themselves.

· √ | | I x D' - ~ ⊙ · | · ⊕ ⊞ √ √ ↓ + × √ << .

Disabled people sterilized before this law may feel sad and angry

I₃ ? I₃ ± ⊗ > ~ ⊙ ▷ α H .

They may wish they had had (a) choice about reproduction.



Counsellors

$$\overset{x}{\underset{.}{I}} \odot \gg 1$$

(person + suggestion + to help + plural indicator)

They may need to discuss their feelings with **counsellors**.

$$\overset{x}{\underset{.}{I}}_3 \quad / \quad \overset{?}{\underset{.}{O}} \rightleftharpoons \overset{x}{\underset{.}{I}}_3 + \overset{x}{\underset{.}{O}} + \overset{x}{\underset{.}{I}} \odot \gg 1 .$$

They may need to discuss their feelings with counsellors.

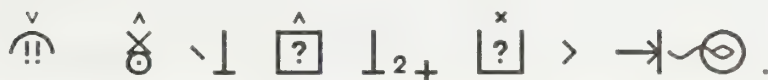


Family Planning Clinic



(public room + plan + conception)

If you have **questions** about **birth control**, find someone to help you. This could be a **doctor** or a staff member at a **family planning clinic**. The **person** who gave you this book might be able to help or put you in touch with someone who can.



Important - choose someone to answer your questions about birth control.



Family Planning Clinic



Glossary of Key Words and Blissymbols

abstinence		(to decide + without + sexual intercourse)	
angry		(much + feeling + opposition + description indicator: having strong feelings against someone or something)	
baby		(child, turned on its side: child too young to stand)	
barrier contraceptive		(combination of to stop and sperm)	
birth control	contraception	(to stop + conception)	
birth control pill	Pill (the)	(pill + without + egg: pill which prevents the release of an egg)	
celibacy		(without + sexual intercourse)	
cervix		(part of + uterus)	
choice		(combination of eye and to divide [half-sized] and many: the eye makes a choice among many things)	
conception	fertilization, fertilized egg	(combination of sperm and egg)	
condom		(barrier contraceptive + male)	
contraception	see birth control		
counsellor		(person + suggestion + to help: person who makes suggestions in order to help)	
decide (to)		(to think + to arrive + action indicator)	
diaphragm		(barrier contraceptive + female)	

disability		(ability + limits: limited ability)	· √
disabled		(disability + description indicator)	· √̇
doctor		(person + medical)	⊥ 1
egg	ovum	(pictograph) SYMBOL SYNONYM	⊙
ejaculation		(erection + sperm + intensity)	⌋ ~ !
fallopian tube		(tube + egg)	⌋ ⊙
family planning		(plan + conception)	△ ~ ⊙
family planning clinic		(public room + plan + conception)	⌋ △ ~ ⊙
feel (to)		(feeling + action indicator)	♡
feeling		(the symbol is the familiar heart shape: traditionally one's feelings are supposed to come from the heart)	♡
fertilization	see conception		
fertilized egg	see conception		
forced (to be)		(mind + strong + passive indicator)	⌋
happiness		(feeling + up: an uplifted feeling)	♡ ↑
hysterectomy		(to remove + medical+ uterus)	— 1 (△)
important		(mind + two intensity symbols + description indicator: of intense interest)	· √̇ √̇

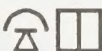
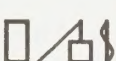
infertile		(without + fertilization + description before the fact indicator: incapable of conception)	- 
intercourse	see sexual intercourse		
intimacy		(feeling + close)	
intra-uterine device	see IUD		
IUD	intra-uterine device	(birth control + uterus)	
loving		(feeling + arrow + action indicator)	
man		(combination of person <i>and</i> male. The symbol can also be seen as a pictograph, a stick figure of a man wearing trousers with his legs apart.)	
menstrual period		(liquid + uterus + month)	
operation		(to cut + medical)	
orgasm		(excitement + genital)	
ovary		(container + egg)	
ovum	see egg		
people		(person + plural indicator)	
person		(the symbol suggests a human being standing, with feet turned out)	
"Pill" (the)	see birth control pill		
pregnancy		(conception + woman)	
question		(question mark + open: the question is open-ended)	

reproduction		(conception + to cause + baby)	
sad		(feeling + down + description indicator: having a downhearted feeling)	
semen		(liquid + sperm)	
sexual intercourse	intercourse	(to combine + genitals)	
sperm		(pictograph)	
spermicide		(chemical product + to destroy + sperm)	
sterilization		(to cause + infertile)	
tubal ligation		(operation + fallopian tube)	
understand (to)		(combination of knowledge <i>and</i> into + action indicator)	
uterus		(body + creation [half-sized]: part of a woman's body where new life is nurtured)	
vagina		(uterus + pointer, to passage)	
vasectomy		(operation + vas deferens)	
vulva		(protection + vagina)	
woman		(a combination of person <i>and</i> female. The symbol can also be seen as a pictograph, a stick figure of a woman wearing a skirt.) also female	

Combined Symbol Glossary

∞

The following symbols are normally enclosed within combine indicators to show that they are not part of the Standard Blissymbol Vocabulary. Combine indicators were omitted within Blissymbol translations or summaries for esthetic reasons and to save space.

law	(to judge + book)	∞  ∞
prescription	(paper + medicine)	∞  ∞
sexual activity	(activity + sexual)	∞  ∞

Being Sexual: an illustrated series on sexuality and relationships

1 Relationships. Sexuality is explored in the context of relationships and validated as an important part of one's self-esteem. Co-authored by Claudia Wood, educator and Blissymbols Systems Coordinator. (31 pages)

2 A Woman's Body. Describes anatomy, how a woman's body functions sexually, and other aspects of being a woman. Issues of privacy and personal autonomy are introduced here and reinforced throughout the series. (47 pages)

3 A Man's Body. Describes anatomy, how a man's body functions sexually, and other aspects of being a man. (49 pages)

4 Adolescence. Describes the changes of puberty and adolescence and their influence on sexuality. (31 pages)

5 Male Masturbation. Describes masturbation and validates this as a choice for any man. Discusses fantasy as an aspect masturbation. (38 pages)

6 Female Masturbation. Describes masturbation and validates this as a sexual choice for any woman. (19 pages)

7 Heterosexual Intercourse. Describes sexual intercourse including sexual responsibility and mutual pleasuring. (25 pages)

8 Human Reproduction. Describes reproduction from fertilization to birth. Includes premature birth, Caesarian section, miscarriage and abortion. (25 pages)

9 Birth Control. Describes birth control options and suggests additional sources of information on contraception. (33 pages)

10 Homosexuality. Defines homosexuality and distinguishes it from homosexual behaviour. Suggests community resources for more information. (33 pages)

11 Sexuality and Physical Disability. Validates all people as being sexual. Discusses ways to achieve a satisfying sexual life in the presence of a physical disability. Co-authored by Michael Barrett, Chairperson, SIECCAN. (33 pages)

12 Sexually Transmitted Disease. Describes common STDs. Discusses symptoms, treatment and prevention. (30 pages)

13 AIDS. Explains how Acquired Immune Deficiency Syndrome is transmitted and how it develops. Defines "safer sex". (27 pages)

14 Sexual Self Advocacy. Discusses the right to sexual expression. Suggests how people in residential settings might influence policies that guarantee that right. (25 pages)

15 Sexual Abuse. Defines abuse, exploitation, incest and molestation. Describes what may happen after abuse and disclosure. (43 pages)

16 Sexuality and Aging. Describes how sexuality and sexual expression may be affected by aging. (25 pages)

17 Teaching Manual. Outlines the philosophy and potential uses of the series. Explains the Blissymbols developed for the series. (18 pages)

**Ordering information from: SIECCAN, 850 Coxwell Avenue, East York, Ontario M4C 5R1
(416-466-5304; 416-778-0785 FAX)**

**Blissymbolics Communication International customers can order directly from BCI, 250
Ferrand Drive, Don Mills, Ontario, M3C 3P2. (416-421-8377; 416-696-1035 FAX)**

